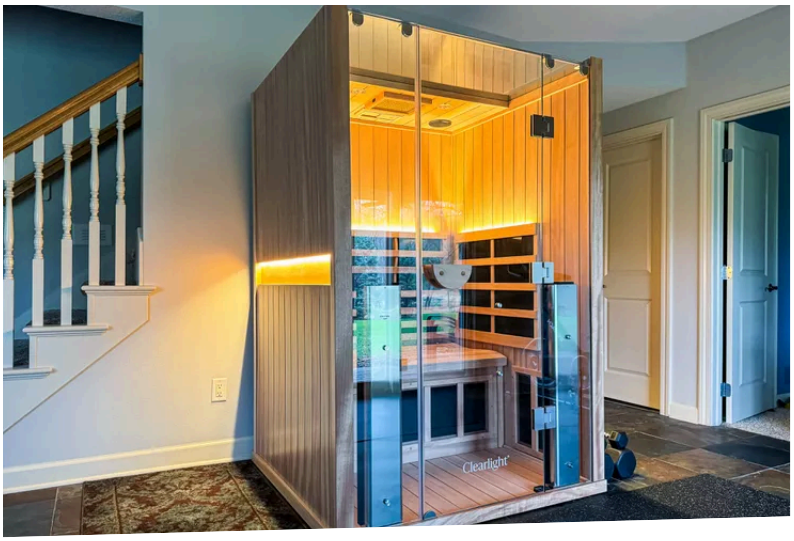
We Found the 8 Best Infrared Saunas After Completing Over 150 Relaxing Sessions

Our expert-approved picks are effective, easy to use, and high-quality

Updated on December 01, 2025

By April Benshosan | Verywell Fit writer April Benshosan relied on her post-gym sauna sessions and our testing insights to compile these top picks.



The sauna is spacious enough for two people to enjoy without bumping into each other.
Verywell Fit

Traditional saunas or steam rooms heat the air around you to increase your body temperature and induce sweat, which creates a hot and humid environment that may lead you to feel lightheaded or dehydrated. If you want the benefits of a traditional sauna without the uncomfortable high heat, consider investing in an infrared sauna. It relies on infrared light to penetrate your skin barrier, raising your body temperature and inducing sweat, creating a more relaxing, stress-relieving experience—more on its benefits below.

Top Picks

Best Overall:
Dynamic Barcelona Infrared Sauna at Amazon $1,900

Jump to Review

In This Article

Jump to Review

Best for Smaller Spaces:
Clearlight The Curve Sauna Dome at Amazon $1,999

Jump to Review

Best Non-Infrared:
SaunaBox SmartSteam Kit Pro at Dicks Sporting Goods $320

Jump to Review

Best Investment:
Sunlighten mPulse Smart Sauna Aspire at Sunlighten.com

Jump to Review

Best Design:
Clearlight Full-Spectrum Infrared Sauna at Infraredsauna.com

Jump to Review

Best Two-Person:
Sun Home Equinox 2-Person Full-Spectrum Infrared Sauna at Sunhomesaunas.com

Jump to Review

Best Luxury Feel :
Sun Home Solstice 2-Person Infrared Sauna at

In This Article

Benefits of Infrared Saunas

How We Tested

What to Look For

Key Benefits of Infrared Sauna.
Verywell Fit

BEST OVERALL

In This Article

Credit: Amazon

$1,900 at Amazon

View on Nurturemobility.com

View on Findyourbath.com

Pros

- Offers magnetic locking system
- Chromotherapy lighting
- Low-EMF

Cons

- Requires a dedicated circuit and outlet
- May be too tight for two larger people

Key Specs

Dimensions: 39 x 36 x 73 inches | **Capacity:** 2 people | **Temperature Range:** Up to 151 degrees Fahrenheit | **Features:** Two speakers, auxiliary connection, chromotherapy lighting, towel rack, magazine rack, phone holder, internal lights | **Our Overall Rating:** 4.8/5

Who It’s For

In This Article

changer in my life. I use it almost nightly as part of my winding down routine and it's been helping my sore muscles.” —*Jenni May, Verywell Fit product tester*

Why We Love It

After several months of thorough testing, we were shocked by the price of **Dynamic Sauna's Barcelona Infrared Sauna**. Compared to most full-sized, two-seater saunas, this one is quite **budget-friendly** without sacrificing quality, durability, and effectiveness. Plus, we love the added features, including two speakers with an auxiliary connection, chromotherapy lighting, a phone holder, and more.

Since this is a **far-infrared sauna**, you don't get the benefits of near- and mid-infrared wavelengths. But research suggests that far infrared works on the deepest level to potentially normalize blood pressure, treat chronic pain, and more.[3] Throughout testing, we found that this sauna helps us **feel relaxed, get better sleep, and recover after exercise**.

Despite its **durable and heavy-duty design**, this sauna only took one drill, two people, and 56 minutes to assemble—a straightforward setup. When it's time to use it, all you have to do is select your desired time and temperature and wait about 25 minutes for the sauna to preheat to its maximum temperature of 151 degrees. We also noticed that the **heating is even and consistent** since there are six carbon heaters throughout.

Potential Flaws

This sauna requires a specific circuit and outlet, so you may need to consult an electrician during setup.
While this is a two-seater, we do think it's best for one person or two smaller people, as we found the interior to be somewhat tight.

The Dynamic Sauna's infrared lights helped us relax, sleep better, and recover from exercise.

Credit: Verywell Fit

In This Article

Credit: Amazon

$699 at Amazon

View on Higherdose.com

$699 at Best Buy

Pros

- No installation required
- Low-EMF
- Portable and easy to clean

Cons

- Sauna insert is sold separately
- Not full-spectrum

Key Specs

Dimensions: 36 x 71 inches | **Capacity:** 1 person | **Temperature Range:** Up to 158 degrees Fahrenheit | **Features:** Remote control, eight temperature settings, layers of crystal and clay | **Our Overall Rating:** 4.9/5

Who It’s For

In This Article

hour-long sweat, the value is worth it. And the quality of the blanket is great." *—Maria Rowella, Verywell Fit product tester*

Why We Love It

When we tested the best infrared sauna blankets, **HigherDOSE's Sauna Blanket** was the most **comfortable, high-end** one that we tested. It's super simple to use—plug it in and set it to your desired time and temperature (up to one hour and 158 degrees). And when your sweat sesh is over, wipe down the **easy-to-clean** polyurethane leather with a disinfectant wipe and fold up the blanket to store it under your couch, in your closet, or just about anywhere.

The blanket emits far-infrared wavelengths and is made with layers of charcoal, clay, and amethyst crystals, which help us feel **relaxed and recovered** after each session. Unlike the other sauna blankets on our list, this one is **verified to be low-EMF**, so you don't have to worry about using it daily.

Potential Flaws

You will need a barrier between your body and the blanket, like a sauna blanket insert, which is sold separately. But you can also wear cotton clothing or use towels.
This is not a full-spectrum infrared sauna blanket, so it only emits far-infrared wavelengths.

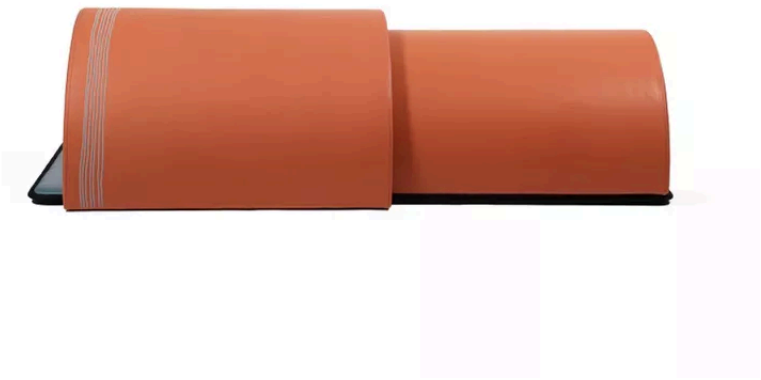
The HigherDose Sauna Blanket's plush interior and heavy weight make relaxing a breeze.

Credit: Verywell Fit

BEST FOR SMALLER SPACES

Clearlight The Curve Sauna Dome

In This Article



Credit: Clearlight

$1,999 at Amazon

View on Infraredsauna.com

Pros

- Portable and easy to store
- Included PEMF mat
- Intuitive control knobs

Cons

- Not optimal for taller users or those with mobility issues

Key Specs

Dimensions: 20 x 35 x 73 inches | **Capacity:** 1 person | **Temperature Range:** Not listed | **Features:** PEMF mat included, dual-zone temperature control | **Our Overall Rating:** 4.9/5

Who It's For

Best for those with limited space that can easily get on and off the floor.

Most Valuable Insight

In This Article

Why We Love It

Clearlight's The Curve Sauna Dome is perfect for those in small spaces who need a portable option with a simple design. The Curve

comes in **two parts with separate controls for each** and a pulsed electromagnetic fields (PEMF) mat. Also included is a headrest, washable mat cover, and curtains to complete the relaxation experience. We especially appreciated the **targeted back support of the mat** and the dual temperature control of the dome. We noticed during testing that it only took about five minutes for the dome to heat up and just a bit longer for the mat.

We thought the overall design of this sauna was stunning, and we loved the color and finish of the dome. The **portability** allowed us to store it in a spare room and set it up whenever needed. While this sauna has no

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we found the control
on separate panels that you
t was evenly distributed, and
e, portability, and minimal
great value.

The Verywell Fit Team Tests the Clearlight The Curve Sauna Dome

Potential Flaws

The size of the dome and the fact that it is set up on the floor make this sauna not the best option for taller users or those with mobility issues.

Clearlight's The Curve Sauna Dome is not ideal for those with mobility issues.
Credit: Verywell Fit

In This Article

Credit: Dick's Sporting Goods

~~$320~~
$300 at Dicks Sporting Goo...

View on Saunabox.com

$350 at Best Buy

Pros

- Has convenient phone holder and towel hooks
- Ultra-portable
- Intuitive controls to adjust time and temperature

Cons

- Requires cleaning post-session
- Included chair is slightly small

Key Specs

Dimensions: 35 x 35 x 74 inches | **Capacity:** 1 person | **Temperature Range:** Up to 165 degrees Fahrenheit | **Features:** Microfiber towel, floor mat, and carrying case | **Our Overall Rating:** 4.9/5

Who It's For

In This Article

as often as possible, but at least a few times a week." —*Robert Tutton, Verywell Fit product tester*

Why We Love It

If you're looking to get a sweat session in from home but aren't ready to commit to a full infrared sauna or simply don't have the space, we recommend **SaunaBox's SmartSteam Kit**. This **ultra-portable steam room** folds down into a convenient carrying case, making it easy to take on the go (though we left it set up in our garage home gym). Assembly is a breeze, and the **intuitive controls** for adjusting temperature and time make it incredibly user-friendly.

Once powered on, the sauna heats up to its maximum temperature in about 10 minutes. After using it, we noticed **reduced muscle tension, looser muscles**, and an overall sense of relaxation. It was especially effective post-workout and before bed, helping us enjoy better sleep. Plus, thoughtful details like a phone holder, window, and towel hooks enhance the overall experience, making it even more **comfortable and enjoyable**.

Potential Flaws

Since this is a steam sauna, the interior becomes very wet during each use, which requires thorough cleaning afterward. While this may be inconvenient for some, it didn't bother us.
The chair that comes with the sauna is slightly small (and potentially uncomfortable) for larger users.

The SaunaBox SmartSteam Kit Pro helped us relax after working out and get better sleep.

Credit: Verywell Fit

BEST INVESTMENT

In This Article

Credit: Sunlighten

View on Sunlighten.com

Pros

- Touchscreen control panel with ample capabilities
- Speakers and chromotherapy lighting
- Full-spectrum and low-EMF

Cons

- Requires a dedicated circuit and outlet

Key Specs

Dimensions: 35.4 x 35.4 x 70.9 inches | **Capacity:** 2 people | **Temperature Range:** Not listed | **Features:** Blaupunkt stereo and speakers, touchscreen control panel, LED light panels, chromotherapy lighting, seven wellness programs, streaming services, WiFi connection, compatible mobile app | **Our Overall Rating:** 4.6/5

Who It’s For

Best if you want a high-tech two-seater that’s worth the investment.

Most Valuable Insight

In This Article

Sunlighten’s mPulse Smart Sauna is easily one of the best saunas we tested—and experts agree. A huge fan of the brand, Cole recommends Sunlighten because the company conducts its own clinical research and testing—meaning its products are truly effective and reliable. During

testing, we were impressed with this sauna's **high-quality design, even heating, and ample high-tech features**.

We found the sauna **easy to use**—simply select from the **six pre-programmed wellness programs** or choose your own preferred time and temperature to get started. The 15 infrared heaters (near-, mid-, and far-wavelengths) quickly get to work to provide consistent heat. During our sessions, we never get bored thanks to the touchscreen control panel, which lets you **stream your favorite shows, send emails, listen to a meditation**, and more.

Potential Flaws

Requires a dedicated circuit and outlet for safety purposes, so you may need to contact an electrician.

The Sunlighten mPulse Sauna Aspire has a touchscreen with six included wellness programs.
Verywell Fit

BEST DESIGN

Clearlight Full-Spectrum Infrared Sauna

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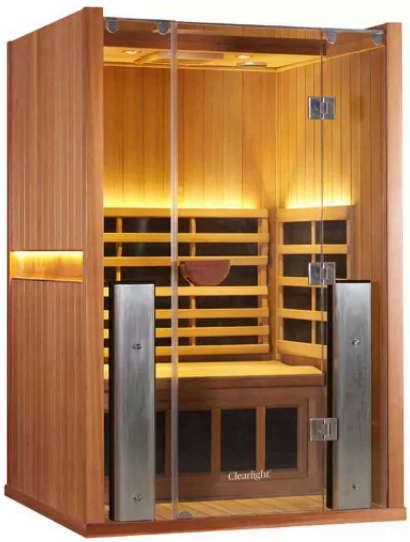

Credit: Clearlight

View on Infraredsauna.com

Pros

- Full glass front and accent lighting
- Dedicated cold space
- Two exterior wood options

Cons

- Speakers may not be the best quality
- App connectivity is difficult

Key Specs

Dimensions: 52 x 48 x 77 inches | **Capacity:** 2 people | **Temperature Range:** Not listed | **Features:** Smartphone control, medical grade chromotherapy, built-in charging and audio station, 36-hour programmable timer, compatible mobile app, Bluetooth connectivity, dedicated cool storage | **Our Overall Rating:** 4.8/5

Who It's For

Best if you have the space for a larger sauna and prefer a stylish aesthetic.

Most Valuable Insight

"The aesthetics are where this sauna shines in my opinion. The exterior is a beautiful mahogany and the entire front of the sauna and part of the ceiling are made of glass. There are "outside" lights that provide beautiful downlighting accents on the exterior as well as uplighting accents on the interior." *—Janice Desenberg, Verywell Fit product tester*

Why We Love It

Clearlight's Sanctuary 2-Person Sauna is stylish and sleek, making it a **beautiful addition** to any space. It comes in mahogany or basswood finishes and includes a full glass front and accent lighting. We liked the versatile, comfortable seating options and found the sauna spacious enough for two (without bumping into each other). We especially liked that the full glass front made the sauna feel **spacious and open**—we could relax easily without feeling confined.

The time and temperature **settings were intuitive and easy to adjust** mid-session. We also loved the sound system, and it was easy to connect our phones via Bluetooth. We really appreciated the **dedicated**

0:15

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The Verywell Fit Team Tests the Clearlight Sanctuary 2

Potential Flaws

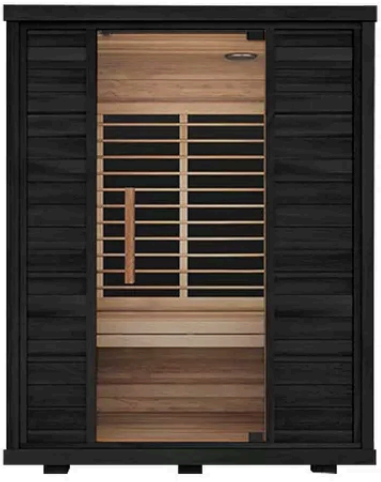
Connecting via Bluetooth was easy, but there was some crackling in the speakers, even during moderate volumes.
During testing, we could not connect the sauna to the app, but you can still operate the sauna without it.

The Clearlight Full-Spectrum Infrared Sauna comes in mahogany or basswood with glass doors.

Credit: Verywell Fit

BEST TWO-PERSON

Sun Home Equinox 2-Person Full-Spectrum Infrared Sauna



Credit: Sun Home

In This Article

View on Sunhomesaunas.c...

Pros

- Full-spectrum and low-EMF

Cons

- Requires a dedicated circuit and outlet

Bluetooth speakers and chromotherapy lighting Easy to assemble	One-hour timer limit

Key Specs

Dimensions: 45.4 x 39.9 x 70.3 inches | **Capacity:** 2 people | **Temperature Range:** Up to 165 degrees Fahrenheit | **Features:** Bluetooth speakers, chromotherapy lights, programmable 24-hour timer, reservation mode | **Our Overall Rating:** 5/5

Who It's For

Best if you want a full-spectrum, low-EMF sauna for two people with a high temperature range.

Most Valuable Insight

"It's difficult to pinpoint my favorite aspect of this sauna because it is outstanding in so many ways. If I have to choose, it's probably a combination of the sleek, upscale design and the overall quality and durability of the sauna." —*Grant Gordon, Verywell Fit product tester*

Why We Love It

A **full-spectrum sauna** with ample space for two people, **Sun Home's Equinox Sauna** lets you reap the benefits of all three infrared wavelengths. It's built with a total of six high-wattage heaters that allow heating up to 165 degrees. Plus, this sauna has **EMF-blocking technology** to reduce radiation exposure. It also features a wide glass door that makes it easy to get in and out. During our test, a technician completed the assembly, and it was quick and easy with simple magnets and metal brackets.

We love that it's made of **durable, sustainable pine wood**, built to last a long time, and looks sleek and beautifully designed. The controls were

a is equipped with
ystem and chromotherapy
0:21 /e felt like our sauna sessions
at, along with the durability
d value.

The Verywell Fit Team Tests the Sun Home Equinox 2-Person Full-

In This Article

made it difficult to heat up to higher temperatures unless we reset the timer.

The Sun Home Equinox Sauna has a sleek black exterior made of pine.
Credit: Verywell Fit

BEST LUXURY FEEL

Sun Home Solstice 2-Person Infrared Sauna

Credit: Sun Home Saunas

View on Sunhomesaunas.c...

In This Article

High-end features like Bluetooth surround system, scented wood, and exterior lighting

Can fit two people comfortably

Takes a while to heat up

Requires a dedicated circuit and outlet

Evenly distributes heat throughout	

Key Specs

Dimensions: 40 x 46 x 70 inches | **Capacity:** 2 people | **Temperature Range:** Not listed | **Features:** EMF shielding, medical-grade chromotherapy, Bluetooth surround sound system | **Our Overall Rating:** 4.8/5

Who It's For

Best if you want a luxe, feature-packed infrared sauna—with Bluetooth connectivity, exterior lighting, high-quality wood, and more—to elevate your at-home wellness routine.

Most Valuable Insight

"I noticed my body is not as sore using this sauna after a workout. The sauna itself looks sleek on the outside, especially with the exterior lights, and the wood on the inside feels premium and smells so good. *—Emelia Barron, Verywell Fit product tester*

Why We Love It

Looking for the ultimate spa experience at home? **Sun Home's Solstice 2-Person Infrared Sauna** delivers just that. Packed with high-powered far-infrared heating, EMF/ELF shielding technology, medical-grade light therapy, a surround sound Bluetooth system, exterior lighting, and more, this sauna is one of the **most luxurious options we tested**. The wood even has a premium scent that adds to the experience. But it's not just about luxury—during our sessions, we noticed real benefits, including **stress reduction and improved muscle recovery**.

We had an expert assemble this heavy-duty sauna for us. Once set up, it was **incredibly easy to use**, with **intuitive controls** for adjusting time, temperature, lighting, and sound. Relaxing in vibrant colors while listening to our favorite playlists made it feel like a true retreat. And it's **spacious** enough to sweat it out with a friend. We even ordered a towel rack and bathrobe to enhance the spa vibe. If you're looking for a top-of-the-line sauna, the Sun Home Solstice is a standout.

Potential Flaws

We noticed that the sauna takes a little over one hour to reach its maximum temperature, requiring some planning before each sweat session.
You'll need a dedicated circuit and outlet for this sauna. You may also

In This Article

The Sun Home Solstice 2-Person Infrared Sauna has plenty of room to sit comfortably.
Credit: Verywell Fit

Our Experts

We consulted experts throughout our research, testing, and reporting process. Their insights helped us understand how infrared saunas work and the benefits they offer in enhancing your wellness routine. Although we make independent product selections, the guidance from these experts influences our decisions.

Will Cole, IFMCP, DNM, DC, functional medicine doctor and leading functional-medicine expert
Deanna Minich, MS, PhD, FACN, CNS, IFMCP, functional medicine doctor and certified practitioner with the Institute of Functional Medicine

Our expert recommends Sunlighten saunas because the company conducts its own clinical research.
Verywell Fit

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Frequently Asked Questions

Are home infrared saunas worth it?

Infrared saunas have been linked to many health benefits, including lower inflammation and chronic pain, better brain function and sleep, as well as lower stress levels, says Cole. Similar to taking a NAD supplement, this type of heat therapy can also help combat age-related cognitive decline and neurodegenerative diseases. Most people can benefit from regular use of an infrared sauna, he adds.

How do infrared saunas work?

The inside of an infrared sauna has wall panels that emit infrared light, which penetrates your skin barrier and raises your core body temperature with gentle heat. While traditional saunas heat to about 176 to 212 degrees Fahrenheit,[4] infrared saunas only get up to about 104 to 140 degrees.[5] Because of this temperature difference, infrared saunas tend to be more comfortable, says Minich.

Are infrared saunas safe?

Infrared saunas are generally safe for most people, but you should always consult with a health care provider—especially if you have a medical condition, are prone to lightheadedness, or are pregnant, says Minich. It's also a good idea to drink plenty of water (and maybe some form of electrolytes) before and after each sauna session.

Can I use an infrared sauna every day?

Yes, you can use a low-EMF infrared sauna every day, says Cole. Start with 10- to 15-minute sessions and gradually increase your time in increments of five minutes until you work up to 30- to 60-minute sessions.

In This Article

Why Trust Verywell Fit

April Benshosan is a writer for Verywell Fit who has interviewed countless doctors and other medical professionals throughout her career. Her work

highlights her passion for arming people with the information they need to make informed decisions about their health. When it comes to saunas, she uses one in her gym multiple times a week after working out and swears by its recovery benefits. For this article, April looked over the test results to help compile our top picks.

Read More: FITNESS WORKOUT RECOVERY

5 Sources

By April Benshosan
April Benshosan is a Verywell Fit writer who has worked with the brand since 2022. She is a health and fitness enthusiast, particularly passionate about weightlifting and exercise recovery. She's dedicated to honest, responsible journalism and rigorous hands-on product testing that helps Verywell Fit readers find exactly what they're looking for.

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